



2015 Maryland Million Hearts Symposium

February 10, 2015

7:30 am—4:00 pm

Martin's West





2015 Maryland Million Hearts Symposium
Tuesday, February 10, 2015
Martin's West, Windsor Mill, MD
Agenda

- 7:30 – 8:30 am **Networking Breakfast and Registration**
- 8:30 – 8:45 am **Welcome & Greetings**
"Hypertension Management in an Era of Global Payments"
Donald Shell, MD, MA, Director of the Cancer and Chronic Disease
Bureau, Maryland Department of Health and Mental Hygiene
- 8:45 - 10:15 am **Morning Plenary**

Keynote Address (8:45-9:45 am)
"The role of Life Simple 7 tool as a Communication Platform"
Eduardo Sanchez, MD, MPH, Chief Medical Officer for Prevention,
American Heart Association
- Maryland Million Hearts (9:45- 10:15 am)**
DHMH Million Hearts Initiatives
Donald Shell, MD, MA, Director of the Cancer and Chronic Disease
Bureau, Maryland Department of Health and Mental Hygiene
- 10:15 – 10:30 am **Well-being Break**
- 10:30 – 11:45 am **Care Coordination and Wraparound Services Panel**
*Looking towards a fully integrated care model between public health and
primary care, coordination becomes increasingly more important. Throughout
Maryland local and regional partners have explored innovative approaches to
community clinical linkages and wraparound services to better manage
patients with chronic conditions. This panel highlights examples of success, and
explores barriers and opportunities to translate these approaches to other
jurisdictions.*
- Moderator:** Adelline Ntatin, MPH, MBIM, MA, Heart Disease, Stroke &
Diabetes Program Administrator, Center for Chronic Disease
Prevention and Control, Maryland Department of Health and
Mental Hygiene



Panelists:

Allen Twigg, MBA, LCPC, NCC, Director, Behavioral Services,
Meritus Medical Center

Angela Cochran, MS, RCEP, Director, Chronic Disease Prevention
and Control, St. Mary's Health Department

Karen Poisker, Vice President of Population Health, Peninsula Regional
Medical Center

12:00 - 1:00 pm

**Lunch: Integrated Public Health Messaging: Lessons Learned From
Private Industry**

The session will explore opportunities to translate private sector tools to public health. Stakeholders will be asked to work with regional partners to identify priorities and strategies to deliver integrated health messaging.

Reza Alavi, MD, MHS, MBA, Medical Director, Center for Chronic
Disease Prevention and Control, Maryland Department of Health and
Mental Hygiene

1:00 - 2:00 pm

Reimbursing Care Coordination

A commonly identified challenge to care coordination has historically been reimbursement. However, current and future payment models in Maryland provide a wide range of financial incentives and reimbursement opportunities for population health and care coordination. This panel will review current and future reimbursement opportunities, as well as highlight different payers approaches to care coordination, medication management, or other wrap around services offered to improve population health outcomes.

Moderator: Kristi Pier, MHS, MCHES, Director, Center for Chronic Disease
Prevention and Control, Maryland Department of Health and
Mental Hygiene

Panelists:

Mona Gahunia, D.O., Chief Medical Officer, Maryland Department of
Health and Mental Hygiene

Sheila Owens-Collins, MD, MPH, MBA, Medical Director of Care
Management Administration at Johns Hopkins Health Care, LLC

Rebecca Fitch, MD, Internal Medicine, Mid-Atlantic Permanente
Medical Group, Physician Director, Population Care
Management



2:15 – 3:15 pm

Quality Improvement Panel

Physician practices are historically very slow adopters of new technologies and do not readily change their behavior. Even with appropriate financial models that incentivize health and increasing use of electronic health records, it takes substantial effort to redesign clinical delivery systems to improve quality of care. This panel explores opportunities to systematically accelerate clinical delivery behavior change, explores barriers and opportunities during the design phase, and highlights a success story after three years of quality improvement outcomes.

Moderator: Sara Barra, MS, Chief, Epidemiology and Special Projects, Center for Chronic Disease Prevention and Control, Maryland Department of Health and Mental Hygiene

Panelists:

Niharika Khanna, MD, Associate Professor, Family and Community Medicine, University of Maryland School of Medicine

Holly Dahlman, MD, FACP, Internal Medicine, Founding member of Green Spring Internal Medicine, LLC

Sallie Rixey, MD, MEd, Vice Chair Family Medicine, MedStar Franklin Square

3:15 – 3:45 pm

Virginia Health Quality Center (VHQC)

Sheila McLean, MBA, LNHA, CPHQ, Program Director, Maryland, VHQC

3:45 – 4:00 pm

Closing Remarks

Reza Alavi, MD, MHS, MBA, Medical Director, Center for Chronic Disease Prevention and Control, Maryland Department of Health and Mental Hygiene



2015 Maryland Million Hearts Symposium

Keynote Speaker Biography

Eduardo Sanchez, MD, MPH

Chief Medical Officer for Prevention, American Heart Association

Prior to joining the American Heart Association National Center, Dr. Sanchez served as the vice president and chief medical officer for Blue Cross Blue Shield of Texas for five years. He previously served as the Director of the Institute for Health Management, Policy and Community Health at The University of Texas School of Public Health. He held the title of Texas Commissioner of Health from 2001 to 2006 as Commissioner of the Texas Department of Health from 2001 to 2004 and as Commissioner of the Texas Department of State Health Services (DSHS) from 2004 to 2006. He led the consolidation of Texas' public health, mental health, and substance abuse agencies into one single agency, DSHS, and in 2005, Dr. Sanchez directed the Institute of Medicine (IOM) Committee on Progress in Preventing Childhood Obesity and on the Centers for Disease Control and Prevention National Center for Infection Diseases Board of Scientific counselors during his state health office tenure. From 1992 to 2001, Dr. Sanchez practiced family medicine in Austin, TX. In addition, he served as public health officer and chief medical officer for the Austin Travis County Health and Human Services Department from 1994 to 1998. He played a key leadership role in helping to create the Texas Association of Local Health Officials (TALHO) in 1997, and he served as TALHO's first president. Dr. Sanchez is currently serving as Chair of the Advisory Committee to the Director, Centers for Disease Control and Prevention, Chair of the National Commission on Prevention Priorities, and a Food & Society Policy Fellow. In addition, he is serving as co-chair of the National Governors' Association Childhood Obesity Advisory Council and as a member of the IOM Standing Committee on Childhood Obesity. He received his medical degree in 1998 from The University of Texas (UT) Southwestern Medical School and completed a family medicine residency at The UT Health Science Center at San Antonio. He holds master's degrees in public health from the UT School of Public Health and in biomedical engineering from Duke University. Dr. Sanchez also holds bachelor's degrees from Boston University in biomedical engineering and chemistry.



Speakers and Moderators Biographies

Reza Alavi, MD, MHS, MBA

Medical Director, Center for Chronic Disease Prevention and Control, Maryland Department of Health and Mental Hygiene

As the Medical Director of Maryland's Center for Chronic Disease Prevention and Control (CCDPC) at the Department of Health and Mental Hygiene (DHMH), Dr. Alavi engages public and private stakeholders to foster partnerships, align incentives, and accelerate the rate of population health improvement efforts in Maryland. Leading the state's Million Hearts initiative, Dr. Alavi aims to leverage early successes in hypertension control to explore strategies for comprehensive cardiovascular risk reduction. Dr. Alavi brings a broad range of research, administrative, and policy experiences to public health including: designing international clinical trials for Questcor pharmaceuticals; addressing socioeconomic determinants of health as the medical director of Turning Point Clinic (Maryland's largest Opioid Treatment Program); and engaging stakeholders to improve the methods and infrastructure for comparative effectiveness research at the Center for Medical Technology Policy. As a visiting scholar at the office of the Assistant Secretary of Planning and Evaluation in HHS in 2010, Dr. Alavi contributed to the Childhood Obesity taskforce report that was signed by President Obama. Dr. Alavi continues to see patients at Johns Hopkins, where he also has a part time faculty appointment. He graduated from the University of Pennsylvania, received his MD/MBA degrees from Jefferson Medical College, and his MHS in cardiovascular epidemiology from the Johns Hopkins School of Public Health. Dr. Alavi is a board certified internist with extensive outpatient, inpatient, and addiction medicine clinical experience, who completed his residency at Mt. Auburn Hospital (Harvard Medical School), and his postdoctoral GIM fellowship at Johns Hopkins School of Medicine.

Sara Barra, MS

Chief, Epidemiology and Special Projects, Center for Chronic Disease Prevention and Control, Maryland Department of Health and Mental Hygiene

Ms. Sara Barra, M.S., is the Chief for Epidemiology and Special Projects within the Center for Chronic Disease Prevention and Control in the Maryland Department of Health and Mental Hygiene (DHMH). Ms. Barra started working at DHMH in 2007 and has worked with several programs, including Injury Prevention, Health Policy and Planning, and Chronic Disease. Ms. Barra currently oversees several programs in the Center for Chronic Disease Prevention and Control, including the Maryland Behavioral Risk Factor Surveillance System, a multi-mode survey designed to collect prevalence data on chronic conditions and associated risk factors in Maryland adults.



Angela Cochran, MS, RCEP

Director, Chronic Disease Prevention and Control, St. Mary's County Health Department

Ms. Angela Cochran is the Director of Chronic Disease Prevention and Control at the St. Mary's County Health Department in Leonardtown, Maryland. She received her Master of Science degree in Health and Movement Sciences and Bachelor of Science degree in Biology from Virginia Commonwealth University (VCU) in Richmond, Virginia. She also holds a graduate certificate in Core Public Health Concepts from the University of North Carolina, Chapel Hill. Angela has a variety of health, wellness, and research experience. She worked in cancer research at VCU's Massey Cancer Center in Richmond, VA, and also as the program coordinator for a clinical research health and wellness program through the Department of Pediatrics at VCU. In 2008, Angela relocated to Southern Maryland and held positions at MedStar St. Mary's Hospital as the Exercise Physiologist/Clinical Lead for the Grace Anne Dorney Pulmonary and Cardiac Rehabilitation Center and the hospital Clinical Educator. Angela currently resides in Solomons, Maryland with her husband and two year old son.

Holly Ryerson Dahlman, MD

Internal Medicine, Founding member of Green Spring Internal Medicine, LLC

Dr. Holly Ryerson Dahlman, MD, FACP, is a board-certified internal medicine physician and a Fellow of the American College of Physicians. From the Midwest originally, she settled in Baltimore after graduating from the Johns Hopkins University School of Medicine. She trained as an Osler House officer at the Johns Hopkins Hospital before entering private practice. She is the founding member of Green Spring Internal Medicine, LLC, attesting to Meaningful Use in 2011. In 2011, the practice joined the MMPP Pilot, and NCQA recognized the practice as a Level 3 PCMH. In 2014, the practice won the EHR Innovations for Improving Hypertension Challenge.

Rebecca Fitch, MD

Internist, Mid-Atlantic Permanente Medical Group, Physician Director, Population Care Management

Dr. Rebecca Fitch has been working as an internist with the Mid-Atlantic Permanente Medical Group since 2008. In addition, Dr. Fitch has been the Physician Director of Population Care Management at MAPMG for the past three years. In this role, Dr. Fitch and her team support primary and specialty care physicians and staff in the development of integrated quality care delivery for Kaiser Permanente of the Mid-Atlantic States' members. Dr. Fitch completed medical school at SUNY Downstate and residency training at Brown University.



Mona Gahunia, D.O.

Chief Medical Officer, Maryland Department of Health and Mental Hygiene

Dr. Mona K. Gahunia, is currently serving as the Chief Medical Officer for the Maryland Department of Health and Mental Hygiene. She has previously served as a Medical Director for the Druid Health District within the Baltimore City Health Department. In addition, she has held a clinical appointment at the Johns Hopkins Hospital and School of Medicine within the Division of Infectious Diseases. She is board-certified in both Internal Medicine and Infectious Diseases. She completed her fellowship in Infectious Diseases at the Louisiana State University Health Sciences Center in New Orleans and her residency in Internal Medicine at the Lankenau Hospital in Pennsylvania. She attended medical school at the Philadelphia College of Osteopathic Medicine. She currently lives with her husband and children in Ellicott City, MD.

Niharika Khanna, MD

Associate Professor of Family and Community Medicine, University of Maryland, School of Medicine, Director, Maryland Learning Collaborative for the Maryland Health Care Commission's Multi-Payer Program

Dr. Niharika Khanna is an Associate Professor of Family and Community Medicine at the University of Maryland, School of Medicine. She is the Director of the Maryland Learning Collaborative for the Maryland Health Care Commission's Multi-Payer Program for Patient Centered Medical Homes to provide clinical implementation of the state's health care reform policies and primary care workforce training in the advanced primary care model. Dr. Khanna has worked on the planning process for the MMPP program since December 2009 and the CMS funded SIM Planning Grant workforce committee in the design of the CIMH model. She led the Maryland state team for the Infrastructure for Maintaining Primary Care Transformation program funded by the AHRQ and facilitated by NASHP. Dr. Khanna works with Maryland Million Hearts program in developing healthcare team training, and participates in the ASTHO Million Hearts Learning Collaborative. Dr. Khanna will lead a team to provide technical assistance to the West Baltimore Health Enterprise Zone and the Howard County Local Health Improvement Coalition in developing the Community Integrated Medical Home. Dr. Khanna's interests are in clinical translational activities to develop community platforms and methodologies to facilitate the implementation and dissemination of new models of primary care to achieve the triple aim of improved patient experience, health care quality and cost containment.



Sheila McLean, MBA, LNHA, CPHQ
VHQC, Program Director, Maryland

With more than 20 years of experience in the healthcare industry, Ms. Sheila McLean understands strategic planning, project management and regulatory compliance. She knows the importance of process redesign to effectively meet performance and quality improvement goals. As Program Director with VHQC she is responsible for driving multiple quality improvement initiatives across various care and provider settings in Maryland. In her previous role as an Area Manager with VHQC, she researched and analyzed provider performance data to develop action plans and create learning modules, which supported long term care facilities in implementing quality and performance improvement practices and reducing healthcare- acquired condition. Ms. McLean has also served as an administrator at several large-scale nursing facilities, directing their overall operation, developing and implementing strategic performance plans, promoting and maintaining positive relations with resident and family councils, improving recruitment and retention of nursing staff, and ensuring compliance with state and federal regulations and quality assurance standards. Ms. McLean obtained her Bachelor of Science in Health Care Administration from The Medical College of Virginia and her Masters of Business Administration from Liberty University. She is a Licensed Nursing Home Administrator (LNHA) in Virginia and Maryland and is as a Certified Professional in Healthcare Quality (CPHQ).

Adelline Ntatin, MPH, MBIM, MA

Heart Disease, Stroke & Diabetes Program Administrator, Center for Chronic Disease Prevention and Control, Maryland Department of Health and Mental Hygiene

Ms. Adelline Ntatin is currently the Heart Disease, Stroke, and Diabetes Program Administrator at the Center for Chronic Disease Prevention and Control within the Maryland Department of Health and Mental Hygiene. In this capacity, she oversees the implementation of the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factors and Promote School Health grant funded by the Centers for Disease Control and Prevention. Ms. Ntatin also serves as the Federal, State, and local liaison for these initiatives providing public health expertise for programs, policies, and surveillance to prevent and control chronic disease in the State of Maryland. Ms. Ntatin has over 10 years of experience managing public health programs within a multitude of settings including health systems, worksites, communities, schools, and early childcare settings. Ms. Ntatin earned her Master's Degrees in Public Health, Business Information Management, and International Relations from Johns Hopkins University, Vrije universiteit Van Brussels, and University of Kent, respectively.



Sheila Owens-Collins, MD, MPH, MBA

Medical Director of Care Management Administration at Johns Hopkins Health Care, LLC

Dr. Sheila Owens-Collins is currently the Medical Director of Care Management Administration at Johns Hopkins Health Care, LLC and was the former Vice President/Senior Medical Director for Community First Health Plan in San Antonio, Texas. She is a Neonatologist with Masters of Science Degrees in Public Health and Business Administration, and a Post-Masters Certification in Health Informatics. Prior to joining Johns Hopkins, she provided oversight of the Quality Management, Utilization Management, and Preventive Health and Wellness Departments at Community First Health Plan, Inc. Her managed care experience began with a five year tenure at Community Health Choice, Inc. in Houston, Texas, where she was the Vice-President of Medical Affairs. In addition to her experience in managed care, she has several years of experience as a practicing neonatologist and as a consultant for complex newborn utilization and case management. She has a long standing interest in the applications of predictive modeling to the health care industry and health care disparities - prematurity, infant mortality rates and the public health and financial impact of these conditions. Her current research project is entitled : “Using Predictive Modeling to Determine the Social, Ethnic, and Racial Factors that Predispose Women to Preterm Labor”. She was a member of the NICU Council, a position appointed by the Governor of the State of Texas and the Texas State Legislature. The work on this council led to House Bill 15, which mandates regionalized Neonatal Care by 2017 and Maternity Care by 2018. She is looking forward to continuing this work at Johns Hopkins Health Care, LLC.

Kristi Pier, MHS, MCHES

Director, Center for Chronic Disease Prevention and Control, Maryland Department of Health and Mental Hygiene

Ms. Kristi Pier is the Director of the Center for Chronic Disease Prevention and Control at the Maryland Department of Mental Health and Hygiene. Ms. Pier is the Chair of the Act on Data Workgroup in the National Association of Chronic Disease Directors Diabetes Council. Ms. Pier has worked in public health over 18 years and is a Master Certified Health Education Specialist. Ms. Pier has worked extensively in diabetes prevention since 2007, and is serving on a national expert advisory panel led by RTI to establish national diabetes prevention toolkits. Much of her experience has been in chronic disease programming at the state and federal level, and her specific public health interests are outcome-based programming, utilizing data for effective programming and healthy lifestyle behavior change. Ms. Pier holds a Master of Health Science Degree from The Johns Hopkins University Bloomberg School of Public Health.

**Karen Poisker**

Vice President, Population Health, Peninsula Regional Medical Center

Ms. Karen Poisker is the vice president for Population Health at Peninsula Regional Medical Center (PRMC). In this position, Ms. Poisker directs and enhances initiatives for patient education, community-based wellness, reducing readmissions and chronic disease coaching and management. Ms. Poisker, who has been with PRMC for 39 years, is a registered nurse and has held a number of clinical and executive leadership roles during her career, most recently as vice president for continuum and ambulatory services. Along with her new role, she will maintain responsibility for PRMC's cardiovascular, oncology, orthopedic and neurosurgery service lines.

Sallie Rixey, MD, MEd

Vice Chair Family Medicine, MedStar Franklin Square

Sallie Rixey, MD, MEd, Vice Chair Family Medicine, MedStar Franklin Square, where she has served on the faculty since 1991. Dr. Rixey is currently the Co-director of the combined Family Medicine/ Preventive Medicine residency in collaboration with the Johns Hopkins Bloomberg General Preventive Medicine program. She served as the president of the Family Medicine Education Consortium (FMEC), serves on the editorial board of the Journal of Public Health Management & Practice, the board of the Evergreen Co-op, the board of the Y of Central Maryland and the Baltimore County Head Start Health Advisory Committee.

Donald Shell, MD, MA

Director, Cancer and Chronic Disease Bureau, Maryland Department of Health and Mental Hygiene

Dr. Donald Shell completed his residency training in Community Health and Family Medicine in 1991 and fellowship training in Primary Care Sports Medicine and Adult Fitness Fellowship in 1992. Dr. Shell is Board Certified Family Medicine. His career has included practicing Family and Sports Medicine in private, university, hospital, and public clinic settings. Dr. Shell holds faculty appointments at the John Hopkins Bloomberg School of Public Health, at the rank of Associate in the Department of Health Policy and Management, and the rank of Clinical Instructor in the University Of Maryland School Of Medicine in the Department of Family & Community Medicine. Dr. Shell has 18 years of experience in the field of public health, serving at both the state and local level. He is currently the Director of the Cancer and Chronic Disease Bureau in the Maryland Department of Health and Mental Hygiene. As the Director of the Cancer and Chronic Disease Bureau, Dr. Shell is responsible for the oversight of the Center for Tobacco Prevention and Control, the Center for Chronic Disease Prevention and Control, the Center for Cancer Surveillance and Control, and the Office of Oral Health. Dr. Shell believes that critical healthcare choices, some in, and some out of the control of individuals and populations, are impacted by their relationships, education, life experiences, housing, employment, nutrition, finances, emotions, substance use, spirituality, and their ability to trust. He believes that each of these social determinants must be taken into consideration when developing, delivering, and evaluating health and social services.



Allen L. Twigg, LCPC, MBA

Director of Behavioral & Community Health Services, Meritus Medical Center

Mr. Allen Twigg provides administrative oversight of Behavioral Health and Psychiatry, Bariatric Surgery, Clinical Research, Community Health and Wellness, Palliative Care services and the Parish Nurse Network. Most recently he enjoined Meritus participation in the 2014 Million Hearts campaign and led the completion of the organization's FY2013 Community Health Needs Assessment. Mr. Twigg co-chairs the Washington County Health Improvement Coalition, serves on the Board of Directors at the Community Free Clinic and has acted as a community advisor for the George W. Comstock Center for Public Health Research and Prevention. He recently completed a full term on the Maryland Board of Professional Counselors from 2008 -2013, serving as the elected Vice Chair and Chair of the Credentialing Committee. He has more than 20 years of experience as a counselor and manager of community health services in Washington County.

Thank you for participating in the 2015 Maryland Million Hearts Symposium. To find the presentations from today, please visit: <http://phpa.dhmfh.maryland.gov/hdsp/SitePages/Million%20Hearts.aspx>

If you have any questions regarding the event, please email dhmfh.millionhearts@maryland.gov



What are Your Action Steps?

1.) _____

2.) _____

3.) _____



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